

## Broccoli Baked Potato

Preparation Time: 1 hour, 30 minutes

### Ingredients:

- 6 medium Idaho potatoes
- 3 stalks broccoli
- 1/4 cup skim milk
- 1 cup shredded light cheddar cheese
- 1/8 tsp pepper



Directions: Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30 - 60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

# Servings: 6 Cups of F & V Per Person: 2

### Nutritional Information

Calories 210

Total fat 1g

Saturated fat 2g

Cholesterol 1g

Sodium 140g

Total Carbohydrates 39g

Dietary fiber 5g

Sugar 3g

Protein 10g

<http://www.foodreference.com/html/broccoli-baked-potatoes.html>